Assignment as alternative for cancelled class on June 9, 2011

**Create Three Disease /Disorder Information Sheets for Patient Education**

Create an information sheet that you could use as a handout when instructing a patient about a disease /disorder.

Choose any three disease or disorders in the text.

Information sheets must include:

* Description of the disease
* Pathophysiology (What is wrong with the function/s of the body)
* Signs and Symptoms (how the disease manifests itself)
* How the disease is diagnosed (physical exam, diagnostic testing etc.)
* Treatment/s
* Patient actions to control/cure the disease
* One or more graphics (picture, clip art , chart, table etc.)

Make sure that the information is free from medical terms and is easily understood.

(I have posted an article about the readability of patient education material on the WIKI)

Please post your Patient Education Sheets on the WIKI by June 20, 2011

What is Anxiety Disorder?

Normally, anxiety is a temporary physical and somatic response to stress. When someone has an anxiety disorder, there is an ever-present state of psychological distress. Anxiety is said to be free-floating, and the patient lives in chronic and causeless anxiety. Worrisome thoughts intrude the mind and stay there. Every system of the body is affected adversely to the mind’s perpetual state of worry.

Signs and Symptoms:

Worrying about the past, and the future are common. Physiological symptoms include sustained muscular tension, diarrhea, elevated blood pressure, inability to sleep, and nightmares. Some people experience panic attacks. A panic attack begins seemingly out of nowhere, reaching a peak in approximately 10 minutes. A sense of impending doom, losing control or dying is experienced. The world may not seem real to the patient. Physicological symptoms of a panic attack include heart palpitations (skipping beats), rapid pulse, pounding heart, sweating, shaking, shortness of breath, chest pain, nausea, prickling or itching, dizziness, chills, or hot flashes.

Diagnosis:

A person with panic disorder has to have four panic attacks within a months’ time or if one or more attacks are accompanied by chronic fear of having another. Patients are diagnosed with anxiety disorders if he/she complains of chronic anxiety lasting more days than most for 6 months of more. The worry is seemingly uncontrollable to the patient, and the disturbance is not due to the direct physiological effects of a substance such as a drug of abuse or a medication, a general medical condition such as hyperthyroidism or hypertension, and does not occur exclusively during another mood disorder such as psychosis.